

English Lacrosse Coaching Workforce Form for COACHES

The following questions are aimed at assisting English Lacrosse in supporting the delivery and development of coaching – THIS SURVEY IS TO BE COMPLETED BY ALL COACHES - WHETHER ACTIVE, INACTIVE, QUALIFIED OR UNQUALIFIED.

The purpose of the research is to understand and recognise the coaching that you do, so that we can: Help you to find the right coaching opportunities and help you with coach development opportunities.



The results of the research will be used by English Lacrosse to allocate funding and improve services to Lacrosse coaches, through clubs or directly. The research is completely confidential; English Lacrosse will not be able to associate your contact details and responses. All data collection, management and analysis is being conducted by a third party agency with full adherence to the 1998 Data Protection Act.

Your response is very important to us. Please be as honest as possible in your response. We recognise that there might be some questions that you do not know the answer to, if so leave these blank and move to the next question. If you have any questions about the research please contact Paul Coups p.coups@englishlacrosse.co.uk

Please complete the following details to be included in the Prize Draw.

Full name:		County:	
Tel. number:		Country:	
E-mail:		Postcode:	

Lacrosse COACHING- Includes any coaching, teaching or instructing in Lacrosse within any environment.

About your coaching

- Have you undertaken any Lacrosse coaching within the last 12 months?** Yes No
- Have you typically coached in the UK within an unpaid/voluntary, paid part-time and/or paid full-time capacity in the last 12 months?** (Please tick ALL that apply)

1. <input type="checkbox"/> Unpaid/Voluntary (Less than 10 hours' per week) – note: travel and other sundry expenses do not count as payment
2. <input type="checkbox"/> Unpaid/Voluntary (10 hours' or more per week) – note: travel and other sundry expenses do not count as payment
3. <input type="checkbox"/> Paid part-time or paid sessional (less than 10 hours' paid work per week)
4. <input type="checkbox"/> Paid part-time or paid sessional (10 hours' or more paid work per week)
5. <input type="checkbox"/> Paid full-time (over 30 hours' paid work per week)

- On average, how often have you coached in the UK within the last 12 months?** (Please tick ONE only)

1. <input type="checkbox"/> Almost every working day	3. <input type="checkbox"/> At least once a month	5. <input type="checkbox"/> At least once in the last year
2. <input type="checkbox"/> At least once a week	4. <input type="checkbox"/> At least every six months	

- On average, how many hours per week do you typically spend in the UK on the following coaching activities?** (Please insert hours per week) (Calculating hours: 15mins=0.25 hrs, 30mins=0.5hrs, 45mins=0.75 hrs)

	Hrs per wk		Hrs per wk
1. Preparing for coaching		5. Coaching related administration	
2. Delivering coaching (training/competition)		6. Travel to and from coaching	
3. Communicating to parents/others		7. Professional development and learning	
4. Reviewing, monitoring & evaluating coaching		8. Total Coaching related hours	

- Which of the following best describes your main involvement in coaching over the last 12 months?** (Please tick ONE only)

1. <input type="checkbox"/> Head Coach	2. <input type="checkbox"/> Coach	3. <input type="checkbox"/> Assistant Coach	4. <input type="checkbox"/> Teacher/leader
<input type="checkbox"/> Other (please write in) _____			

- Have you undertaken any of the following coaching related roles within the last 12 months?** (Please tick ALL that apply)

1. <input type="checkbox"/> Coach Mentor	2. <input type="checkbox"/> Coach Educator/Tutor	3. <input type="checkbox"/> Tutor Trainer	4. <input type="checkbox"/> Coach Assessor	5. <input type="checkbox"/> Coach Verifier
<input type="checkbox"/> Other (please write in) _____				

Survey for any coaches, instructors or individuals providing coaching

7. In which of the following coaching environments/settings have you coached in the last 12 months?

(Please tick ALL that apply)

1. <input type="checkbox"/> Single Sport Club	9. <input type="checkbox"/> Leisure Centre/Local Authority scheme
2. <input type="checkbox"/> Multi-Sport Club	10. <input type="checkbox"/> Youth Club/Youth organisation
3. <input type="checkbox"/> University	11. <input type="checkbox"/> County/Regional Training Centre
4. <input type="checkbox"/> College/Sports College/ Further Education	12. <input type="checkbox"/> High Performance Training Centre
5. <input type="checkbox"/> School (Inside PE lessons)	13. <input type="checkbox"/> Institute of Sport
6. <input type="checkbox"/> School (Outside PE lessons)	14. <input type="checkbox"/> Private sports facility
7. <input type="checkbox"/> Community Project/Scheme	15. <input type="checkbox"/> Private One – One Coaching
8. <input type="checkbox"/> Holiday Camp	
<input type="checkbox"/> Other (please write in) _____	

Your specific coaching experiences in the UK over the last 12 months

8. Have you provided Lacrosse coaching to YOUNGER CHILDREN 7-11 yrs in the last 12 months?

Yes No

If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to YOUNGER CHILDREN 7-11 yrs? (Please name the coach setting and insert number of hours per week)

1. Most common coaching setting i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

9. Have you provided Lacrosse coaching to OLDER BOYS 12-15 yrs in the last 12 months?

Yes No

If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to OLDER BOYS 12-15 yrs? (Please name the coach setting and insert number of hours per week)

1. Most common coaching setting i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

10. Have you provided Lacrosse coaching to OLDER GIRLS 12-15 yrs in the last 12 months?

Yes No

If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to OLDER GIRLS 12-15 yrs? (Please name the coach setting and insert number of hours per week)

1. Most common coaching setting i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

11. Have you provided Lacrosse coaching to YOUNG MEN 16-20 yrs in the last 12 months? Yes No
 If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to YOUNG MEN 16-20 yrs? (Please name the coach setting and insert number of hours per week)

1. What is the most common coaching setting? i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

12. Have you provided Lacrosse coaching to YOUNG WOMEN 16-20 yrs in the last 12 months? Yes No
 If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to YOUNG WOMEN 16-20 yrs? (Please name the coach setting and insert number of hours per week)

1. What is the most common coaching setting? i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

13. Have you provided Lacrosse coaching to ADULT MEN 21+ yrs in the last 12 months? Yes No
 If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to ADULT MEN 21+ yrs? (Please name the coach setting and insert number of hours per week)

1. What is the most common coaching setting? i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

14. Have you provided Lacrosse coaching to ADULT WOMEN 21+ yrs in the last 12 months? Yes No
 If yes, what is the average number of participants in the following sessions?

(Please insert the number of participants which may range from one individual to groups of 15 or more)

1. Beginner/learner		3. Competitive Club player		5. National squad	
2. Recreational Club player		4. County/territory Competitive player			

On average, how many hours per week do you typically spend in the UK on delivering coaching to ADULT WOMEN 21+ yrs? (Please name the coach setting and insert number of hours per week)

1. What is the most common coaching setting? i.e. club, school, university etc	
2. Average number of hours per week spent delivering coaching (training/competition)	Hrs

Coach, Qualifications and Continuous Professional Development (CPD)

15. Do you have an up-to-date English Lacrosse recognised coaching qualification? Yes No
If yes, what is the highest coaching qualification that you hold? (Please tick ONE only)

1. <input type="checkbox"/> No qualification	4. <input type="checkbox"/> Level 2 Club Coach
2. <input type="checkbox"/> Young Leaders Award	5. <input type="checkbox"/> Level 3 High Performance Coach
3. <input type="checkbox"/> Level 1 Development Coach	6. <input type="checkbox"/> Level 4 Staff Coach
<input type="checkbox"/> Other (please write in) _____	

16. Do you have an up to date CRB check? Yes No
If yes, who holds it? (e.g., English Lacrosse, a school, your club, a local authority)

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17. In addition to any qualifications you may have taken, have you undertaken any CPD since you began coaching? (See question 18 below for a list of CPD that you may have undertaken) Yes No

18. Have you taken up any of the following professional development opportunities/ learning experiences in the last 12 months? (Please tick ALL that apply)

1. <input type="checkbox"/> I have not done any CPD in the last 12 months	9. <input type="checkbox"/> Working with/observing my coach when I was a player
2. <input type="checkbox"/> Coaching conferences	10. <input type="checkbox"/> Watching/observing players in competition
3. <input type="checkbox"/> Coaching practice (putting your skills into practice)	11. <input type="checkbox"/> Workshops/training events/courses
4. <input type="checkbox"/> Coaching qualifications	12. <input type="checkbox"/> Distance/ Online learning
5. <input type="checkbox"/> Working with/observing with a coach mentor	13. <input type="checkbox"/> Using coaching books, magazines and journals, DVDs
6. <input type="checkbox"/> Working with/observing a player/participant	14. <input type="checkbox"/> Assistance with Personal Development Planning
7. <input type="checkbox"/> Working with/observing another coach in your sport	15. <input type="checkbox"/> 1:1 Training Needs Analysis with a coach developer
8. <input type="checkbox"/> Working with/observing another coach for other sports	16. <input type="checkbox"/> Education outside coaching
<input type="checkbox"/> Other (please write in) _____	

19. Do you know how to update your personal details on the English Lacrosse website that are held within the coach database? Yes No

If yes, please provide the following details:

1. When did you last update your personal information: (Please provide month and year)	MM		YYYY	
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20. Have you attended workshops on the following topics in the last three years?(Please tick ALL that apply)

1. <input type="checkbox"/> Equity in your coaching	3. <input type="checkbox"/> Safeguarding Children
2. <input type="checkbox"/> Coaching people with a Disability	4. <input type="checkbox"/> First Aid
5. <input type="checkbox"/> Other (please write in) _____	

Future coaching and coach development

21. On average, how many coaching delivery hours per week would you expect to be undertaking over the next 12 months? (Please insert hours per week) (Calculating hours: 15mins=0.25 hrs, 30mins=0.5hrs, 45mins=0.75 hrs)

	Hrs per wk
1. Average delivery hours per week over a year (if not applicable complete summer and winter below)	
2. If applicable provide average delivery hours per week for spring/summer	
3. If applicable provide average delivery hours per week for autumn/winter	

22. Do you expect to do more, the same, or less coaching over the next 12 months? (Please tick ONE only)
Compare your answers to question 21 with question 4.

1. <input type="checkbox"/> More	2. <input type="checkbox"/> Same	3. <input type="checkbox"/> Less
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23. Which, if any, of the following professional development opportunities/ experiences would you like to take up in the next 12 months? (Please tick ALL that apply)

1. <input type="checkbox"/> I do NOT intend to do any CPD in the next 12 months	9. <input type="checkbox"/> Working with/observing my coach when I was a player
2. <input type="checkbox"/> Coaching conferences	10. <input type="checkbox"/> Watching/observing players in competition
3. <input type="checkbox"/> Coaching practice (putting your skills into practice)	11. <input type="checkbox"/> Workshops/training events/courses
4. <input type="checkbox"/> Coaching qualifications	12. <input type="checkbox"/> Distance/ Online learning
5. <input type="checkbox"/> Working with/observing with a coach mentor	13. <input type="checkbox"/> Using coaching books, magazines and journals, DVDs
6. <input type="checkbox"/> Working with/observing a player/participant	14. <input type="checkbox"/> Assistance with Personal Development Planning
7. <input type="checkbox"/> Working with/observing another coach in your sport	15. <input type="checkbox"/> 1:1 Training Needs Analysis with a coach developer
8. <input type="checkbox"/> Working with/observing another coach for other sports	16. <input type="checkbox"/> Education outside coaching
<input type="checkbox"/> Other (please write in) _____	

24. Do you intend to take the next level of English Lacrosse qualification over the next 12 months?
(Please tick ONE only)

1. <input type="checkbox"/> Yes	2. <input type="checkbox"/> Not sure	3. <input type="checkbox"/> No
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If yes, what level(s) of English Lacrosse qualification do you intend to take? (Please tick ALL that apply)

1. <input type="checkbox"/> Level 1 Development Coach	3. <input type="checkbox"/> Level 3 High Performance Coach
2. <input type="checkbox"/> Level 2 Club Coach	4. <input type="checkbox"/> Level 4 Staff Coach
<input type="checkbox"/> Other (please write in) _____	

25. If you intend to take either Level 3 or Level 4 would you like to seek paid employment in Lacrosse within the UK? 1. Yes 2. No

26. Please reflect on the cost of coaching qualifications provided by English Lacrosse. How satisfied are you that the qualifications represent value for money? (Please tick one box in each row)
(1= very satisfied to 7= not satisfied at all)

	1	2	3	4	5	6	7
1. Level 1 Development Coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Level 2 Club Coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Level 3 High Performance Coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Level 4 Staff Coach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

27. If you don't intend to take the next level of qualification or are unsure as to whether to take it, why do you not want to progress? (Please tick ALL that apply)

1. <input type="checkbox"/> I have reached the highest level I want to achieve	4. <input type="checkbox"/> I find that I am limited by course availability
2. <input type="checkbox"/> I currently don't need the next level	5. <input type="checkbox"/> I have no time to complete the qualification
3. <input type="checkbox"/> I find that I am limited by the cost	6. <input type="checkbox"/> The qualification appears too difficult/demanding
<input type="checkbox"/> Other (please write in) _____	

28. Do you have further comments about coaching for English Lacrosse? (Please provide any examples of good practice concerning coaching, exciting stories, partnerships, new initiatives or projects)

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About you

29. Please provide your date of birth

	DD		MM		YYYY	
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30. Ethnic origin Please tick the appropriate box to indicate your cultural background:

1. <input type="checkbox"/> White - British	9. <input type="checkbox"/> Asian or Asian British - Pakistani
2. <input type="checkbox"/> White – Irish	10. <input type="checkbox"/> Asian or Asian British - Bangladeshi
3. <input type="checkbox"/> Any other white background	11. <input type="checkbox"/> Any other Asian background
4. <input type="checkbox"/> Mixed - White and Black Caribbean	12. <input type="checkbox"/> Black or Black British - Caribbean
5. <input type="checkbox"/> Mixed - White and Black African	13. <input type="checkbox"/> Black or Black British - African
6. <input type="checkbox"/> Mixed - White and Asian	14. <input type="checkbox"/> Any other black background
7. <input type="checkbox"/> Any other mixed background	15. <input type="checkbox"/> Chinese
8. <input type="checkbox"/> Asian or Asian British - Indian	16. <input type="checkbox"/> Prefer not to state
<input type="checkbox"/> Other (please write in) _____	

31. Disability

The Disability Discrimination Act 1995 defines a disabled person as anyone with a 'physical or mental impairment that has a substantial and long-term adverse effect upon his/her ability to carry out normal day-to-day activities'. Do you consider yourself to have a disability? Yes No

If yes, what is the nature of your disability? Please tick the appropriate box

1. <input type="checkbox"/> Sensory impairment (including visual and hearing)	4. <input type="checkbox"/> Learning disability
2. <input type="checkbox"/> Physical impairment	5. <input type="checkbox"/> Multiple impairments
3. <input type="checkbox"/> Mental health difficulty (e.g. severe depression, bipolar)	6. <input type="checkbox"/> Do not wish to answer

32. Gender Please tick the appropriate box to indicate your gender: Male Female

We may wish to contact individuals who have completed this coaching form to conduct follow up research on ways to improve support for coaches and to provide general information and updates from English Lacrosse.

Please indicate if you are happy to be contacted in relation to follow up research	<input type="checkbox"/> Yes <input type="checkbox"/> No
Please indicate if you are happy to receive general communication from English Lacrosse	<input type="checkbox"/> Yes <input type="checkbox"/> No

I agree to the above information being held on a national coaching database to be accessed by English Lacrosse and sports coach UK to monitor coaching activity and conduct research. I confirm that the information on this form is correct at the time of completing the questionnaire to the best of my knowledge. 1. Yes 2. No

Signature	
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Thank you for completing our coaching form

Once completed please return by the **09th April 2010** to: sarah.smith@sportstructures.com by post to: Sport Structures Ltd. PO BOX 3949. Warwick. CV34 9AF or complete this survey online at: www.sportstructures.com/lacrosse_coach